



Boot Camp Routine



Morning

1. Waterpik– 50/50 Water/ Hydrogen peroxide.



2. Brush regular toothpaste and toothbrush.



3. Rinse with StellaLife for 1 Minute.



4. Brush- Prevident 5000- Pea size amount, brush on do not rinse, no food or drink for 30 minutes.



Evening

1. Waterpik– 50/50 Water/ Hydrogen peroxide.



2. Brush regular toothpaste and toothbrush.



3. Floss– dip flosser in peroxide when flossing in between each tooth.



4. Brush- Prevident 5000- Pea size amount, brush on do not rinse, no food or drink for 30 minutes.



You're doing GREAT!
Keep up the good work!!